

Find Your Balance – Mental Wellness

Random Acts of Kindness

“No act of kindness, no matter how small, is ever wasted” -
Aesop



CHANGE THE WORLD IN LESS THAN A MINUTE

In a world bombarded by negative news, we can feel overwhelmed by tragedy and turmoil and lose our perspective on the positive aspects of life. Every person has the power to change another's reality through their actions. We can create change through small random acts of kindness that demonstrate the core values of a peaceful world: generosity, gratitude, and trust. You can benefit your heart health, reduce anxiety, lower blood pressure, and simply be a happier more positive person. All it takes is one action at a time, and less than one minute a day!

10 Random Acts of KINDNESS

1. Leave a bouquet of flowers at a Nursing Home and ask staff to give to whomever could use it most.
2. Write a positive message on a post-it note and place on bathroom mirror.
3. Invite the person behind you in line to move ahead of you.
4. Pay for someone's gas at the gas pump.
5. Bag someone's groceries for them.
6. Buy a coffee for the coworker who seems to be having a bad day.
7. Put money in a parking meter about to expire.
8. Leave a surprise in someone's mailbox.
9. Call your parents and thank them for all they have done for you.
10. Give a gift card, a hot tea, or a sandwich to a homeless person.

Source: www.prevention.com/mind-body/emotional-health/doing-kind-acts-reduces-anxiety-study